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HOMEMAKERS' CHAT

Wednesday, Sept. 20, 1939

(For Broadcast Use Only)

SUBJECT: "TIPS FOR FOOD SHOPPERS." Information from the Bureau of Agricultural Economics, U.S.D.A. and the Consumers' Counsel, A.A.A.

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Once again here's news of food supplies for the housewife who does the family's food buying. Today the news is about fruits and vegetables coming to market as well as poultry and eggs, meat and dairy products.

On your market list this month write pears, figs, fresh prunes and plums. For these are the fruits most plentiful in September. And on your list write potatoes, onions, cabbage and celery. These fall vegetables have already started to market in volume from the late-producing States. Perhaps you've noticed also that Brussels sprouts and cranberries are already appearing in the markets. You'll find more and more of them for sale from now on through November.

But September is your last chance to buy blueberries, raspberries, peaches, nectarines and cantaloupes. This month closes the season for all these fruits. And September is almost your last chance to buy green corn. Green corn season is drawing to a close but you'll still find some corn on the market in October.

Here's some news about pears. You'll see a good many pears on the market these days. The pear crop was large this year though not quite so large as last year's record crop. Most of the pears you are buying were produced on the Pacific Coast. And most of them were picked when they were still unripe and then allowed to ripen in cool, dark rooms and markets. So very often the pears you buy at the market are not ready to eat, but you can easily ripen them at home. You can't judge pears entirely by color. Some pears may be yellow but still unripe, while others are ripe and ready to eat when they are green or yellow-green in color. Pears of



best quality are fairly firm but not hard, are clean, even in shape and free from blemishes.

Speaking of fall fruits, here's some news about apples. A good many more apples are on the market this month than last but the big season for apples is October. By the end of October the apple crop is harvested. But nowadays you can buy apples the year around because part of the crop is kept in storage. This year a big crop of apples is expected. The predictions are that the 1939 apple crop will be larger than last year and larger than average.

So much for fruit and vegetable news. Now about poultry and eggs. The outlook for poultry and eggs is the same as it was in mid-August. Both are plentiful but more poultry will be coming on the market for the next few months and fewer eggs. Perhaps you've already started having roast chicken for Sunday dinner. September is the month when roasters are on the market. From now on through January is the big season for them. As every good cook knows, roasters are the chickens under a year old which weight over 3 and a half pounds.

By the way, have you seen the new Department of Agriculture leaflet on cooking chicken? You are welcome to a copy free. Write to the Department of Agriculture, Washington, D.C. for the leaflet called "Poultry Cooking".

Now about other meats on the market. Because of the big pork supplies this fall, there will be more meat on the market during this fall than last. Beside more pork, you'll find more better grade beef for sale than last year. The predictions are that pork and beef supplies will be larger for the next 6 months. Usually September is the month when more pork, beef and also lamb come on the market.

And that reminds me to remind you once again of the Department of Agriculture's meat leaflets--leaflets on cooking beef, pork or lamb. To get them, simply send a postcard to the Department of Agriculture, Washington, D.C., and ask for them. Don't forget to put your address on the postcard.



Now about dairy products on the market. There's still plenty of milk, butter and cheese for sale. The predictions are that milk production this fall will continue to be heavy. Pastures are in poor condition, but the plentiful supplies of feed grains and feed will probably keep production right up near record levels.

The manufacture of dairy products this year has been larger than usual, too, though not so large as last year.

Thrifty housewives, interested in taking advantage of good buys, will do well to keep in mind the Secretary of Agriculture's surplus commodities list. At present the 13 foods on that list are: fresh peaches, pears, eggs, butter, fresh tomatoes, cabbage, onions, rice, cornmeal, dry beans, dried prunes, wheat flour and graham flour.

That's all the food-shopping news for today. More in a couple of weeks.

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